

## How Well Did You Do?

### Handling Food in the Home: Survey Answers

Now that you've completed the survey, compare your responses to the correct answers below to measure your level of food safety knowledge. Give yourself one point for each question answered correctly. Once you reach the end, total your points and see which category you fall into.

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1. I always wash my hands before handling food.
  - a. **True**
  - b. False
2. Immediately after handling food products such as raw eggs, raw meat, raw poultry, or raw fish, I:
  - a. Continue cooking
  - b. Rinse hands with tap water
  - c. **Wash hands with soap and warm water**
  - d. I never handle these food products
3. After washing my hands in the kitchen, I dry them with a:
  - a. Dish towel
  - b. Apron
  - c. **Paper towel or other disposable cloth**
  - d. **Nothing, I air dry**
4. After using a cutting board or other surface for preparing raw meat, I:
  - a. Reuse the cutting board or surface as is
  - b. Wipe with a damp cloth or sponge
  - c. **Wash with soap, hot water, and bleach or sanitizer**
  - d. **I never prepare raw meat**
5. I clean my counters, cutting boards, and other surfaces **with** bleach or other disinfectants:
  - a. **After every use**
  - b. Once a week
  - c. Every other week
  - d. Once a month
  - e. Less than once a month
6. When cooking chicken pieces, such as breasts or legs, I know it is cooked and safe to eat when:
  - a. It tastes cooked
  - b. It looks cooked (color, texture, meat falls from bone, etc.)
  - c. **The internal temperature has reached the correct thermometer reading**
  - d. It has been cooked for the instructed time
  - e. I never cook chicken
7. When cooking hamburger, I know it is thoroughly cooked when:
  - a. It tastes cooked
  - b. It looks cooked (color, texture, etc.)
  - c. **The internal temperature has reached the correct thermometer reading**
  - d. When it has been cooked for the stated time
  - e. I never cook hamburgers

8. When cooking large portions of food to be eaten later (i.e. stew, rice, casserole, pizza), I put leftovers in the refrigerator or freezer after:
- 2 or more hours
  - 30 minutes to 2 hours
  - Less than 30 minutes**
  - I do not refrigerate leftovers
  - I do not cook stew or other food with meat in it
9. I usually divide large portions of food into smaller containers before storing in the refrigerator or freezer.
- True**
  - False
10. There is a working thermometer inside my refrigerator.
- True**
  - False
11. The inside temperature of my refrigerator is:
- 53.6° F (12°C)
  - 50° F (10°C)
  - 46.4° F (8°C)
  - 41° F or less (5°C or less)**
  - I don't know. I've never measured it.
12. In the past 12 months, I have purchased foods from the following types of food facilities (circle all that apply):
- All of the food sources listed below are eligible for a DEH health permit, however not all sources have health permits. To protect you and your family, it is up to you to verify the validity of a food facility's health permit, and always be sure that your buying foods from approved sources! Since there's no right or wrong answer, give yourself a free point.**
- |                                 |                         |
|---------------------------------|-------------------------|
| a. Restaurant                   | e. Produce truck        |
| b. Supermarket or grocery store | f. Farmer's market      |
| c. Street vendors               | g. Food cart            |
| d. Roadside stand               | h. Door-to-door vendors |
13. After grocery shopping, I go directly home and store cold foods in the refrigerator/freezer within two hours of purchasing.
- True**
  - False
14. I organize my refrigerator so that raw meat and eggs are separated from foods eaten raw, such as fruits and vegetables.
- True**
  - False
15. The last time I ate a hamburger at home, I prepared it:
- Rare
  - Medium (pink in the middle)
  - Medium (brown all the way through)
  - Well done**
  - I do not eat hamburger**

16. In the past 12 months, I have eaten the following foods containing raw eggs (circle all that apply, if none leave blank):

**If you've eaten any of the following foods, do not give yourself a point for this question. If you haven't eaten any of these foods, give yourself a point!**

**Note:** Commercial frozen or refrigerated cookie dough is pasteurized; it does not contain raw eggs even before it is baked. Commercial cake and cookie mixes usually call for adding raw eggs, so they do count as eating raw eggs.

- |  |                               |
|--|-------------------------------|
| a. Raw, homemade cookie or cake batter | g. Homemade ice cream         |
| b. Homemade frosting with raw egg      | h. Shakes with raw eggs       |
| c. Caesar salad with raw egg           | i. Homemade hollandaise sauce |
| d. Chocolate Mousse with raw egg       | j. Undercooked or runny egg   |
| e. Homemade eggnog                     |                               |
| f. Homemade mayonnaise                 |                               |

17. In the past 12 months, I have eaten the following foods (circle all that apply):

**If you've eaten any of the following foods, do not give yourself a point for this question. If you haven't eaten any of these foods, give yourself a point!**

- a. Raw oysters
- b. Raw ceviche
- c. Raw sushi
- d. Homemade or non-store bought queso fresco
- e. Raw or unpasteurized milk

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**Add up your points to find out which category you fit into!**

**My Total =**



Getting There:

**You're on the Food Safety Highway!**

14 - 12 points



**PHE – Potentially Hazardous Eater**

11 - 6 points



**Bacteria's Best Friend**

**5 - 0 points**

To get more detailed information on food safety in your home, and the principles behind safe food handling practices, download our Home Kitchen Food Safety Checklist.